

AT THE CAMERON

Due to public health guidance around COVID and its variants, Cameron programs may be changed, postponed or cancelled at any time. If changes should occur your COA staff will notify you as soon as possible. **Thanks for your understanding!**
INCLEMENT WEATHER POLICY The Cameron follows the same inclement weather procedures as Town Hall. To find updated weather information please go to <https://westfordma.gov> or call the center at 978-692-5523 after 6:30am to receive current information.

DINNER WITH DONNA WITH MUSIC BY CAROL WING

Tuesday, April 25, 5pm

Always one of our most popular events, so sign up quickly. Our famous chef Donna will be serving chicken marquis (mushrooms, tomatoes in a lemon soy wine sauce) with rice, a vegetable and dessert. Entertainment will follow at 6pm with guitar music and singing by Carol Wing, who is also one of our exercise instructors. Carol has some new songs coming out in April and we will be among the first to hear her new releases. Cost is \$5 for both dinner and entertainment. Sign up at 978-692-5523. **Thank you to the Friends of the Cameron and Food Pantry for subsidizing costs.**

VOLUNTEER APPRECIATION

Friday, April 14, 1pm

We are honored to celebrate our volunteers! The Cameron wouldn't be nearly as successful without the generous gift of time so many of you give. We are so grateful for your time, your good humor, and your dedication. Please join us for a lunch and an Illusionist show in your honor. We hope to see you all there! Sign up at 978-692-5523 and don't forget to tell the front desk how you have helped us this year. **Special thanks to the Friends of the Cameron for their financial sponsorship of this event.**



ANNUAL TOWN MEETING

Saturday, March 25, 10am at the WA gymnasium. If you need transportation, please call Bob Rafferty, Transportation Dispatcher at 978-399-2322. Please provide at least 48-hour notice.

HOLI CELEBRATION

Wednesday, March 8 at 12pm

Come Celebrate Holi, the Hindu Spring Festival. Holi is also known as the Festival of Colors. Enjoy a delicious lunch, and after lunch we will make a special craft reflective of this celebration. Wear a bright color or two, or three. There are no limits on your personal expression! Cost \$10. RSVP by calling 978.692.5523. **Special thanks to the Friends of the Cameron for their financial sponsorship of this event.**



BOILED DINNER

Friday, March 17 12:00 p.m. Enjoy a Saint Patrick's Day boiled dinner prepared by students of Nashoba Tech Culinary Arts Program. Don't forget to wear green! Erin go Bragh! Cost is \$10. Sign up by calling 978.692.5523.



Special thanks to the Friends of the Cameron for their financial sponsorship of this event.

DAY TRIPS

Listed below are two upcoming bus trips. Call 978.692.5523 for reservations and information. Payment is due upon signing up for a trip. Make all checks payable to 'Town of Westford'. Checks will be held until closer to the day of the trip to be deposited. No refunds for cancellations with less than 10 business days advance notice. Bus departs from and returns to the rear parking lot at the Franco-American Club at 55 West Prescott St. Please, park at the rear of the lot unless otherwise noted. For additional information, contact Katie at 978.399.2330 or krussell@westfordma.gov or pick up a flyer at the Cameron.

EMMET CAHILL ST. PATRICK'S DAY

Wednesday, March 8th

Join Best of Times Travel to Danvers, MA for an incredible St. Patrick's Day celebration with Emmet Cahill, Ireland's most exciting young tenor and a star of PBS Phenomenon Celtic Thunder. The cost of \$124 includes transportation, driver's gratuity, plated luncheon of either Corned Beef and Cabbage or Baked Schrod, lunch gratuity, and a show ticket.

STAYIN ALIVE

Wednesday, May 24th

Join Best of Times Travel to Lake Pearl in Wrentham, MA for a live concert with the band Stayin' Alive, considered the World's #1 Bee Gees Tribute band. Enjoy the chart busting hits such as: More than a Woman, Islands in the Stream, Lonely Days, and many more at this concert. The cost of the trip is \$124 per person which includes transportation, driver's gratuity, plated luncheon of Baked Stuffed Chicken or Vegetarian Lasagna, lunch gratuity, and a show ticket.

Director's Report ...

Lots of news to share with you! First, **welcome to Kristen Las**, Westford's new Town Manager. Kristen comes to us from the town of Shrewsbury, where she was the assistant town manager of community development and health and human services. We look forward to inviting Kristin to lunch with us soon.

You may have noticed some new faces around the center! **Peggy Siegel**, a retired psychiatric nurse and Westford resident is a Senior Assistant, assisting with administrative and financial work. You will be greeted by her at the front desk on Tuesday mornings. Peggy is a wonderful baker and if you notice your Cameron staff getting a little plumper it's because we can't resist her wonderful treats. We are happy to have **Robert Powers**, Westford resident, joining our transportation team as our first full-time driver. Having Bob will be a great asset to our team. He has transportation experience and knowledge of Westford and our transportation service area.

Rounding out new additions, we are all happy to have **Al Jones**, Westford resident, joining Chris Mitchell on our maintenance team. Al may be quiet but he's a hard worker and if there's something he can help with please speak with him or Chris.

Our center will be undergoing extensive HVAC repairs possibly starting in September. This work will require us to relocate our programs and services for an extended period. Our COA Board and I have been working on our transition plan with our Facility Director and other key partners in this project. I will continue to keep you updated because I know there are many who don't like surprises and/or need some time to warm up to change(s). If you have any questions, please feel free to speak with me.

Thanks to **Martha Brockway** for the many contributions she provided to our senior center over the last four years. With Martha's decision to officially retire. We wish her well and look forward to seeing her as a participant and Cameron volunteer.

Enjoy all the programs, services, and time you spend at the Cameron,

P.S.- Thanks to the Friends of the Cameron for purchasing a new drum set for the UPBEATS Band.

P.P.S.- Special thank you to Katie Russell and Robert Rafferty for setting up our new MySeniorCenter system so all have an easy check-in when arriving in the Cameron.

Jennifer



NEW MASSACHUSETTS BEHAVIORAL HEALTH HELP LINE (BHHL)

The Behavioral Health Help Line (BHHL) is available 24/7, 365 days per year and is available for all residents of Massachusetts. Call or text 833-773-2445. Visit the website to chat online at masshelpline.com. This is a new program for Massachusetts, so please let us know if you use it and are comfortable giving feedback.

What is the Behavioral Health Help Line? The Behavioral Health Help Line (BHHL) connects individuals and families to the full range of treatment services for mental health and substance use offered in Massachusetts, including outpatient, urgent, and immediate crisis care. [Call](#) for real-time support, initial clinical assessment, and connection to the right evaluation and treatment.

When I contact the BHHL, who answers? The BHHL is staffed by trained clinicians and certified peer specialists to support every caller's needs. Every conversation includes follow up by trained clinicians, and staff will remain on the line with you until you are connected to the help you need.

Who can use the BHHL? Everyone! The BHHL is for anyone in Massachusetts, including LGBTQIA+, Black, Indigenous, and People of Color (BIPOC), individuals who are Deaf or hard of hearing, individuals with disabilities, and individuals whose first language is not English.

If I do not speak English, can I call? The BHHL is available in more than 200 languages. Individuals who are Deaf or hard of hearing can also use the BHHL by contacting [MassRelay at 711](#).

How much does it cost, and do I need to have health insurance? The BHHL is free and available to all Massachusetts residents, even if you do not have insurance.

If I'm concerned about my child or friend, can I call to get help for them? Yes – you can [call](#) to get help for yourself or for someone you care about, including children and other family members.

I've tried to get help before, and it didn't work out. How is this different? A trained, caring staff member will work with you to figure out what treatment may be helpful to you and will help you navigate the process. They and will stay on the line with you until you have been connected to the help that best fits your individual needs and will follow up with you afterward to make sure that your needs are being met.

Will I be able to access services or treatment in my own community? Yes. The BHHL connects people to treatment in their community, including one of the new [Community Behavioral Health Centers \(CBHCs\)](#) across the state. The BHHL uses a comprehensive directory of mental health and substance use treatment providers.

What kinds of mental health or substance use issues can I call about? The BHHL can help with any mental health or substance use concern. Maybe you're sad or anxious, or worried about drug or alcohol use. Even if you're not quite sure what the problem is or what kind of help you need, the BHHL staff will listen and connect you with care for yourself or a loved one.

For a mental health crisis, should I go to the emergency room or call the BHHL? The BHHL is available 24/7 for anyone experiencing a mental health crisis and can directly connect you with crisis support in your community. The BHHL connects callers to 911 when needed for immediate safety. You can also visit a Community Behavioral Health Center. For Westford, ours is: Vinfen Community Behavioral Health Center (CBHC) 40 Church St, Lowell, MA,(866) 388-2242. Monday – Friday 8:00 am-8:00 pm.

Health and Wellness Offerings

Fitness Classes

A special thanks to the Friends of the Cameron for helping to subsidize our fitness classes

Drop-ins are not allowed for most classes. Please check with Katie for clarification if needed. If you sign up for a class, you must pay for the full session.

TAI CHI

Mondays at 1pm
Eight week session beginning March 6
Join Lesley Mathews for a Tai Chi class at the Cameron. Cost for Westford residents is \$3 per class; others pay \$5. Sign up at 978.692.5523. We may need to adjust the start date of this class.



BONE BUILDERS

Mondays and Wednesdays 9:30-10:30am
Tuesdays and Thursdays 12:45-1:45pm
Build your strength, increase range of motion and flexibility at a pace that is comfortable with you. To register for the classes please call the Cameron at 978.692.5523 to request an application which must be completed (with physician's approval). Class space is limited. If you have any questions, please call Maureen Thibodeau at 978.692.7634. **We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center.**



STRENGTHEN YOUR IMMUNE SYSTEM WITH MINDFUL MOVEMENT

8 weeks beginning March
Tuesdays, 9-10am: Beginner Class
10-11am: Advanced Class
Mindful Movement offers gentle physical activity to help move blood and oxygen around the body, nourishing the organs and tissues, promoting healing and strengthening the immune system. In addition, due to the in-the-moment connection of the mind to the breath and physical movements, Mindful Movement helps to calm the mind, relieving stress and anxiety. The instructor for this 8-week session is from Cultivating Qi in Westford, MA. **Cost for Westford residents is \$24 for one class time per session, and \$30 for both classes. Others pay \$40 per session. Sign up at 978.692.5523.**



CHAIR MOVEMENT CLASS WITH CAROL WING

Tuesdays beginning March 7 10:15am
Thursdays beginning March 2 10:15am
8 weeks
Cost: Westford residents for 8 weeks for 1 day a week is \$24 and for both Tuesday and Thursday classes the cost is \$30. Non-resident cost is \$40. Sign up at 978.692.5523.



JOIN CAROL WING FOR ZUMBA CLASS

Tuesdays beginning March 7, 9:15am
Thursdays beginning March 2, 9:15am
8 weeks
Cost: Westford residents for 8 weeks for 1 day a week is \$24 and for both Tuesday and Thursday Classes is \$30 and non-resident cost is \$40. Sign up at 978.692.5523.



WELL-BEING GROUP CONDITIONING TWO SESSIONS PER WEEK

Tuesdays & Thursdays at 10am
Eight weeks beginning March 7
Class Location: Well-Being Fitness Gym at Cornerstone Plaza located at 203B Littleton Road, Westford. (next to Eastern Bank) A full body conditioning class focusing on core stability, including elements of pliability, strength training, plyometrics, and cardiovascular fitness. Burn, strengthen, and engage! Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$80 and non-residents- \$96. If you would like to participate in this class and you have a financial hardship please see our social service staff for financial scholarship.



WELL-BEING GROUP CONDITIONING ONE SESSION PER WEEK

Wednesday at 9am
Eight weeks beginning March 8
Class Location: Well-Being Fitness Gym at Cornerstone Plaza. Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$50 and non-residents- \$77

GENTLE YOGA

Wednesdays at 11am
Eight weeks beginning March 8
Join Meghan Kwartler from Well Being Fitness and Yoga for Gentle Flow Yoga- Experience freedom in your mind and body with this gentle yoga class. Cultivate mobility in your hips and shoulders while improving balance. Feel the calming quality of your breath. Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$48 and non-residents- \$64



HEALTH RESOURCES

DEMENTIA CAREGIVER SUPPORT GROUP

Tuesdays, March 28 and April 25, 6pm
Joanne Fontaine, RN and Lisa Sobhian, LICSW have been co-facilitating a support group for many years with the Alzheimer’s Association. Joanne is a Geriatric Care Manager, owner of Pro-Active Eldercare. Lisa is an Alzheimer’s Specialist and is currently the Director of Dementia Services and Social Services at D’Youville Life & Wellness Community. The group will meet at Cameron. Before attending your first meeting, please call Lisa at 978.808.4246.

WESTFORD HEALTH DEPARTMENT OFFERS:
BLOOD PRESSURE & MORE AT THE CAMERON

Tuesdays, March 14 and April 11 at 9am
Health screenings including blood pressure reading, weight check, medication review, and an opportunity to discuss other concerns with our favorite Town Nurse, **Gail Johnson**. No appointment necessary.

HEARING SCREENING

Mondays, March 13 and April 10 at 9:30am
Megan Ford from **HearSmart Audiology** of Littleton will provide hearing screening. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978.692.5509.

HEALTH SERIES

Tuesdays, March 14 and April 11 at 4:30pm
We are pleased to announce a FREE monthly series with professional speakers from local medical sites. These sessions will be held at the Cameron on the second Tuesday of every month at 4:30.
March 14 Would you like to know more about joint replacements? Emerson Hospital has a new Orthopedic surgeon at Emerson Hospital, Dr. Rishi Dave, who is fellowship trained/specialized in hip and knee Joint replacement/Arthroplasty. He will be reviewing joint health, preventative care, joint replacements, robotics and answering your questions. **April 11** Discussion on the signs & symptoms of dementia from the staff at Bridges by Epoch in Westford. Also, Bridges will provide dinner for 2 to go. Please sign up at 978-692-5523 to participate in either program.

SAFE MEDICATION DISPOSAL

We have pouches that deactivate drugs safely and effectively. You simply pour water and your medicines in the pouch, and the drugs are neutralized and safe to dispose of in the normal trash. If you would like some pouches simply ask at the front desk.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?
SHINE (Serving Health Insurance Needs of Everyone) CAN HELP!

Mondays, March 13 and April 10 by appointment.
Medicare health and drug plans can make changes each year: Things like cost, coverage, and what providers and pharmacies are in their networks. SHINE can help you determine the best plan for you through individual meetings with a trained SHINE Counselor. To schedule an appointment with **Fred Baumert, our SHINE Counselor (and Westford resident)**, contact the Cameron Senior Center Front Desk at 978.692.5523. Appointments are typically 45 minutes.

PLANNING FOR MEDICARE—COUNTDOWN TO 65
March 23, 4:30pm

Senior Plan Consultant, Heather Hurd, of BC/BS, will be here to discuss how and when to sign up for Medicare. She will answer your questions and help you through this critical process. Please call 978.692.5523 to sign up.

TOWN OF WESTFORD MOBILE CLINICIAN—
SHORT TERM COUNCILING

How does the Westford Mobile Clinician work?
If you, a loved one or fellow community member are experiencing a mental health challenge and are currently awaiting care, Westford may be able to help. The Town of Westford acknowledges an overwhelming need for mental health appointments, resulting in long wait-lists. We want to help shorten this wait time by offering short-term mobile clinical services in Town buildings as a bridge to longer-term treatment.

Am I eligible to receive Westford Mobile Clinician services?
Following an initial intake interview, you will be informed whether your situation is a good fit for the service and we will assist with alternatives as needed.

What is the cost to me? Will my insurance be charged?
Services are provided free of charge. Your health insurance will not be charged for this service.

What is the frequency of treatment being offered?
6-8 Sessions will be offered on a schedule/frequency to be determined by the clinician and client.

Who do I contact to complete an intake?
Nicole Lavolette, Town of Westford Community Wellness Coordinator 978.399.2503 or Alison Christopher, Town of Westford Social Worker 978.399.2325

MASSHEALTH CHANGES

In March 2020, the Federal Government declared a public health emergency (PHE) due to the COVID-19 pandemic. In response to the PHE and consistent with federal continuous coverage requirements, MassHealth put protections in place that prevented members’ MassHealth coverage ending during the COVID-19 emergency. The Federal Government has decided to end the continuous coverage requirements.

In response to this decision, MassHealth will return to standard annual eligibility renewal processes. Starting April 1, 2023, all current MassHealth members will need to renew their health coverage to ensure they still qualify for their current benefit. These renewals will take place over 12 months. What Masshealth Members need to know:

1. Update your contact information. Make sure MassHealth has your most up to date address, phone number, and email so you do not miss important information and notices from MassHealth.
2. Report any household changes. These include a new job, address, changes to your income, disability status, or pregnancy. MassHealth wants to make sure we have the latest information for you and all members of your household, so you get the best benefit you qualify for.
3. Create an MA Login Account. An MA Login Account is the fastest way to renew your MassHealth and Health Connector coverage, update your information, and report changes to your household. Current members under the age of 65 can create an account by following the link provided on the back of your MassHealth notices or by visiting mass.gov/masshealthlogin.
4. Read all mail from MassHealth. MassHealth will mail you information about your health benefit that may require you to take action to keep your current coverage. **Look out for a blue envelope in the mail and make note of the important deadlines.**

DINING AND HEALTHY FOOD OPTIONS

Dining Options

RESTAURANT REVIEW

Be sure to mark your calendars for our next outings on **Wednesdays, March 29 at 11:30 at Princeton Station, 147 Princeton St, No. Chelmsford and April 26 at 11:30 at Paul’s Diner, 6 Carlisle Rd, Westford**. Please pre register at 978.692.5523 so we can call the restaurant with a head count for adequate seating. When you arrive, please check in under “Westford Senior Center”. Please call Annette at 978.399.2326 if you have restaurant suggestions.



BIRTHDAY CELEBRATION

Wednesday, March 22 at 12pm Roast Pork Loin
Wednesday, April 12 at 12pm Chicken Piccata
Enjoy a birthday dessert after lunch as we celebrate our birthday celebrants with a robust round of Happy Birthday singing. Cost: \$5 and Birthday celebrant lunch is free. **To register please call 978.692.5523. To register please call 978.692.5523. Students of Nashoba Tech Culinary Arts Program “The Elegant Chef” will prepare the lunch and cupcakes.**



MEN’S BREAKFAST

You cannot beat this breakfast made by our favorite chefs: **Marcel Lacombe, Bob Benoit, John Lasna, and Dave Anderson** who prepare eggs, sausage, bacon, and potatoes with sides that include toast, fresh pastries and fruit salad. If you have any suggestions for upcoming speakers, please speak with **Ken Hyle**. **Cost is \$4.00. RSVP by calling us at 978.692.5523** **Monday, March 13th at 8am**
Will Naser, Chief Assessor for the Town of Westford will be presenting Municipal Assessment and Real Estate Appraisal Practices. Value assessment can be mysterious and unknown. The presentation will cover value types, assessment valuing vs, bank appraisal valuing, the 3 methods or approaches used in the real estate appraisal world. In addition, he’ll go over the current values and tax assessment of the Town of Westford.
Monday, April 10th at 8am
Town of Westford Chief of Police Mark Chambers
[pecial thanks to the Friends of the Cameron for their financial sponsorship of this event.](#)

WOMEN’S BREAKFAST

Cost: \$4 and don’t forget to RSVP to 978.692.5523
Wednesday, March 15, 12pm
Our very own Town Nurse Gail Johnson will do a presentation on mental health. **Wednesday, April 19, at 9am**
Ellen Rainville talking about changes to the Westford Library.
[Special thanks to the Friends of the Cameron for their financial sponsorship of this event.](#)

COME ONE! COME ALL! MEET THE MUSIC MAKERS

Friday, April 28 at 12:30pm
We will have music, trivia, and lunch! We hope that you can attend. We will look forward to seeing you. If you enjoy making music with others and can carry a tune, drop in on Fridays at 9:00a.m. and try it. Cost \$5.00 for Lunch. Sign up at 978.692.5523.

LUNCH AND LEARN

Friday, March 10, 12pm
Marilenin Vasquez, Social Security Public Affairs Specialist will be here to answer any of your questions regarding Medicare and survivor benefits, so come prepared with questions!



ELEGANT CHEF LUNCHEON

Wednesday, April 5th at 12:00pm
Enjoy this three-course meal prepared and served by the culinary art students from Nashoba Tech’s Elegant Chef program. RSVP notice must be three at least business days before at 978-692-5523. The cost is \$12. Choose from Chicken Parmesan or Seafood Casserole.

Healthy Food Options

WESTFORD FOOD PANTRY

The Westford Community Food Pantry, located on the first floor of the Cameron, is staffed by volunteers.
FOOD PANTRY HOURS:

- **Wednesday Evenings from 6 to 8 pm**
March 1, 8, 15, 22, 29
April 5, 12, 19, 26
- **Friday Mornings from 9 to 11 am**
March 3, 10, 17, 24, 31
April 7, 14, 21, 28

For more information, or to donate, check their website at www.westfordfoodpantry.org

WHOLE FOODS/ TRADER JOE’S DISTRIBUTION

Mondays and Thursdays at 1:30 pm
Open to all residents 55+. Sign in at the front desk each day that you want to participate.



SNAP – Supplemental Nutrition Assistance Program

Do you need help buying groceries? If your monthly income (household of 1) is less than \$2,265 or (household of 2) is less than \$3,052, you may be eligible for a monthly benefit toward groceries. For more information, call Annette at 978.399.2326 or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

SOCIAL SERVICES AND OUTREACH NEWS
Outreach

OUTREACH

Westford has approximately 5000 seniors over the age of 60 in town, nearly 20% of our entire population. We are honored to serve these residents who call on us for assistance. In social services we have helped folks with financial issues, application assistance, grief support, problem solving, home safety issues and more. If you feel "stuck" and unsure where to turn for some help, please reach out to us at 978.692.5523, and we will do our best to address your concerns. You can ask for Annette, Jen Beale or Alison.

GRIEF SUPPORT GROUP – for people 55+
Thursdays, March 9 and 23, April 13 and 27, 4pm

While grief can impact individuals in different ways, connecting with others to share stories, experiences, and receive/offer support can help with the grieving process. Please join us if you have suffered a loss and are seeking a safe place to express your feelings, to feel heard, to learn about the grieving process and to obtain helpful coping materials and resources. These "drop in" groups are offered on the 2nd and 4th Thursday of every month at 4:00 here at the Cameron. Please call to speak with Annette prior to your first visit. There is no fee and no required attendance. Call Annette at 978.692.5523.

MOVIE SHOWINGS
THURSDAYS, March 16 and April 20, 4:30 pm

Join us in March for the comedy *Jerry & Marge Go Large* starring Bryan Cranston and Annette Benning (rescheduled from January). In April we will watch the heartwarming true story, *Hachi, A Dog's Tale*. Just \$4.00 for a movie, popcorn, refreshments and light meal. Please call to sign up at least 3 days prior at 978.692.5523. Thank you to the Friends of the Cameron for subsidizing costs.

BOOK CLUB
Tuesdays, March 21 and April 18 at 2 pm

Are you a reader who likes to talk about books? In March we will be discussing *The Road to Little Dribbling* by Bill Bryson and in April *Finding Chika, Little Girl Earthquake*, by Mitch Albom. You can get a book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978-399-2326

VOLUNTEERS TO AID SENIORS

Occasionally the social services department gets requests from local seniors who have a short term need of assistance typically due to a health issue. We are seeking dedicated volunteers to assist these folks with home tasks -taking in/out trash barrels, shoveling, sewing, visiting homebound, and occasional grocery shopping. If you are compassionate and reliable please consider offering your services to help those in need. Please call Annette or Jen at 978.399.2326 to complete a volunteer application.

DID YOU KNOW?

Recently, CBS Good Morning interviewed Mark Cuban about his company, CostPlus. He shared that they offer hundreds of common (and often life-saving) drugs at reasonable prices. His website explains how they determine the prices. According to their website "they are committed to offering safe, affordable medicines at the lowest possible prices. No middleman, no price games, huge drug savings". A Westford senior recently told us he can save 30% on his medications through this site. It may be worth checking out at www.costplusdrugs.com

FREE COMPUTER/MOBILE DEVICES CLASSES

Tuesdays, March 14 and 28, April 11, at 3:30
Do you want to feel more confident with technology? Here is your opportunity! We are excited to offer classes twice each month from 3:30-5:00 with Jack "The Wiz" Whitman. He is a junior at Westford Academy and already owns a business in 3D printing and does Code Coaching. He wants to help seniors understand how to use laptops, Ipads, cell phones, and more. He will teach basics and more advanced things like using Facetime and other apps. If interested in attending his classes please sign up at the front desk or call 978-692-5523.

THE UPBEATS

Are you an experienced at playing an instrument? Our house band, the UPBEATS, practices each Thursday Morning at 10am. Bring your instrument play with this talented group of musicians.

GAME NIGHTS
Thursdays, March 2 and April 6, 4:30pm

Join us for a fun time playing Train Dominoes in March and the Phase 10 card game in April. All the games played are easy to learn! The cost is \$3.00 for a light meal i.e. pizza. Please sign up in advance for planning purposes, 978-692-5523. Thank you to the Friends of the Cameron for subsidizing costs.

ARE YOU INTERESTED IN LEARNING A NEW LANGUAGE?

If you are interested in picking up some basic conversational Spanish or want to brush up on some older skills or want to just try something new let Katie know. Contact Katie by krussell@westfordma.gov or 978.399.2330. for more information.

Social Fitness Activities

PING PONG
Mondays and Tuesdays at 2pm, Fridays at 9:30am

Come join our group of avid ping pong players, varying in skill from beginners to advanced. It is a fun group of people who really enjoy ping pong and one another. If you would like to participate, RSVP by calling 978.692.5523 so we know how many tables to set up.



PICKLEBALL

This equipment is available to use during all hours of operations of the Cameron—check in at the front desk to request it. The best place to get updated information for pickleball around Westford is by checking out the Pickleball website. <https://sites.google.com/view/westfordpickleball/home>



Looking for a new fitness center? We have a very affordable center with plenty of equipment! Come join us!

Housing and Independent Living Resources

AVOID SCAMS

We have been informed of multiple scammers targeting seniors over the phone. Scammers may pose as a family member in trouble, an employee from your bank, Social Security or the IRS. NEVER give out your personal information to anyone who calls you. Any requests for gift cards or wiring money are major RED FLAGS. Hang up, call your family and/or the police to verify whether it's a scam. Protect yourself!

FUEL ASSISTANCE SEASON

If you are struggling financially and have concerns about heating your house this winter, please call Alison 978.399.2325 or Annette/Jen 978.399.2326 and ask about eligibility and applying for LIHEAP-Low-Income Home Energy Assistance Program. The ARPA Additional Household Assistance Program could also be helpful with heat/utility bills if you qualify. We also have the Friends of Cameron Emergency Fund and other local charities who may be able to assist. Please inquire with social services if you are struggling with increased costs.

PROPERTY TAX EXEMPTIONS – Are you eligible?

The town of Westford has several property tax exemptions for residents: low income, blind, disabled, veterans and more. You may be eligible for a tax break and if you are interested in learning more about your options you can call the Assessor's office at 978.692.5504 or call Annette to review them at 978.399.2326.

ELECTRICITY COST

Westford residents enrolled in Westford Power Options Program (Westford POP) will not be impacted by the rate hike recently announced by National Grid. Westford, which is under contract with electricity supplier Constellation, offers program rates that are fixed and will not change through December 2023. The vast majority of Westford households participate in the Westford POP program. If you aren't sure, call Annette at 978.399.2326.

SPRING CLEAN UP
Deadline to sign up is April 21

It is that time of year to be thinking about spring yard cleanup. Due to growing numbers of seniors requesting this service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers, but we will be prioritizing seniors with a demonstrated need first – financial, health, physical etc. We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 by Friday, April 21 to add your name to list.

Community Resources

SIT WITH THE STATE SENATOR STAFF MEMBER
Thursdays, March 16 and April 20, 1:30-3pm

The Cameron is pleased to offer office hours with a representative from State Senator John J. Cronin's office, on the third Thursday of each month. Please fee free to ask questions, express your concerns, or just come and introduce yourself! State Senator Cronin represents Worcester and Middlesex Counties.

VETERANS SERVICES

Westford Veterans Agent, Ryan Cobleigh, is available to assist with benefits and/or other needed services or information. To speak with Ryan, please call 978.392.1170 or visit <http://westfordma.gov/veterans>

VET 2 VET
With retired veteran's agent and resident Terry Stader
Tuesdays, March 14 and April 11 at 11am

Are you a veteran who has questions and would like to talk to another veteran? Sign up with for a one on one appointment at 978.692.5523.

DONUTS WITH DETECTIVE NICOLETTI
Thursdays, March 9 and April 13 at 11am

Donuts with Detective Nicoletti-Come enjoy some morning treats while you chat with our very own Elder Services Officer. You don't need to have a legal issue to discuss. She is open and interested in hearing from you about what is going on with the seniors and any education you'd like her to provide.

ASK THE LAWYER
Tuesday, March 7 beginning at 9:30am

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment only. Appointments are 20 minutes each. Please call 978.692.5523 to reserve a timeslot.

FREE PIANO LESSONS
Thursday evenings

Meaghan Lu, a Westford Academy Student who is passionate about music, is volunteering her time on Thursday nights to provide piano lessons. Call 978.727.7396 to set up a lesson time.

ASK THE REALTOR
With Kathy Cunningham of Coldwell Banker, Westford
Mondays, March 13 and April 10 at 11am

Call 978.692.5523 to schedule an appointment to speak with local realtor Kathy Cunningham about your personal real estate questions.

WIG BOUTIQUE
Owner-Deborah Hall- Wig stylist

New England Hair Illusions is a unique boutique specializing in Wigs, Toppers, Extensions, Turbans, hats and related items. The experienced and caring staff will guide you through the selection process in a very private and professional atmosphere. For more information, call 978-649-7228 or 603-770-0594 or check their website newenglandhairillusions.com *We are looking forward to having Deborah do an upcoming program at the Cameron.*

HAIR SKIN AND NAILS OH MY!

Nashoba Tech Cosmetology students are excited to announce their long awaited opening of the Cosmo Cuts Salon! Starting Wednesday, March 9, the salon will be open its regular hours. Wed: 9-12, Thurs: 9-12, Fri: 9-12 Please call the salon at 978-692-4711, extension 16142 to book an appointment today! Students perform all services under the supervision of their instructor.

Cameron Center Transportation Department

Serving Westford’s residents aged 55 and up and people with disabilities of all ages. We provide local van trips for medical appointments, shopping, and social events. Rides to Emerson Hospital, Nashoba Valley Medical Center, Lowell General Hospital, and other local medical offices, shops, Town Meetings, activities, and events within our operating area of **Westford, Chelmsford, Littleton, Groton, Carlisle, Ayer, Acton, Concord, and Lowell.** We offer weekly trips to Westford Market Basket on Tuesdays, and weekly BINGO rides on Monday and Friday.



If you need transportation for a Cameron-sponsored event, just let the front desk know when you register—there’s no need to also call Transportation!

TO OUR VALUED RIDERS:

As most of you are aware, over the past few months our Transportation service has almost doubled provided rides. We want to continue to offer the great service you are all accustomed to, but to do that, we need our riders to review the Transportation policies we have in place. In the past, we have had the luxury of being able to wait a little longer and sometimes make an extra stop. At this time, we are not able to do this. Demand for our service has grown and continues to grow. Please review the policies listed below:

To schedule a ride:

- Call:** Transportation at the Cameron 978-399-2322 at least 48 hours before you need transport. The earlier we have your information the better. Have ready your pick-up address, your phone number, your destination, Doctor’s name and number (if necessary), return time and return address. **(If it is for a doctors appointment please ask the doctors office how long the appointment is.)**
- Notation:** Please write down the time of your pick-up and return for your own records.
- Departure time:** Be ready **15 minutes prior** to your appointed time - the van driver should not need to go to your door to let you know he/she has arrived. Exceptions will be made to those people requiring special assistance.
- Pick up Time:** The van can occasionally arrive up to 15 minutes prior to your scheduled pick up time. On that note, we can arrive up to 15 minutes past your scheduled pick up time. If we are running that late, someone from Transportation will call you and make you aware we are running late.
- Fees:** The suggested donation for van services are \$3.00 round-trip in Westford, \$6.00 round-trip to any town that “touches” Westford, and \$8.00 round-trip to regional towns including Ayer, Concord, and Lowell
- Cancellations:** If you decide not to use the van, you must notify the Center.

Medical rides are our highest priority: we try to accommodate everyone, but occasionally we cannot oblige your appointment. We schedule up to one month ahead so please don’t wait to call for an appointment. Again, we apologize that we cannot provide the same services that we have in the past but our capacity remains the same as our demand for services increases. We appreciate your understanding.

OPEN ART STUDIO
Tuesdays 1pm – 3pm

Would you enjoy some company while you work on your projects? If so, Open Art Studio may just be the place for you. Drop-ins are always welcome.



SEWING & QUILTING CLUBS
Mondays 10am – 1pm and
Tuesdays 9am – 11am

Please come in and enjoy a working on your quilting and sewing projects with many other friendly and like-minded crafters. It’s fun to see the different projects that people are working on. Share project tips and enjoy some creative company!



KNITTING AND CROCHETING
Wednesdays, 1:30-3:00

The Friends of the Cameron Senior Center sponsors a knitting/crochet “let’s have a chat” group. Please feel free to drop by! We meet in the lobby at the senior center. If you want to learn, share a pattern, work on a project or have a cup of tea, we would love to see you. Everyone is welcome!



Do you know where this is? Submit your answer to the Front Desk at 978.692.5523—a winner will be chosen from correct responders and will receive a Cameron Bucks Card!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>March 2023</div>		<div>1</div> <div>9:30 Bone Builders</div> <div>11:00 Gentle Yoga</div> <div>12:30 Cribbage</div> <div>1:30 Knitting Group</div> <div>6:00 Food Pantry</div>	<div>2</div> <div>9:15 ZUMBA</div> <div>10:00 Upbeats Band</div> <div>10:15 Chair Movement</div> <div>12:30 Hand and Foot</div> <div>12:45 Bone Builders</div> <div>1:00 Whole Foods/TJs</div> <div>2:00 Bridge</div> <div>4:30 Game Night</div>	<div>3</div> <div>8:00 Billiards</div> <div>9:00 Food Pantry</div> <div>9:00 Music Makers</div> <div>9:30 Ping Pong</div> <div>12:00 BINGO Lunch</div> <div>1:00 BINGO</div>
<div>6</div> <div>8:00 Billiards</div> <div>9:30 Bone Builders</div> <div>10:00 Sewing</div> <div>1:00 BINGO</div> <div>1:00 Tai Chi</div> <div>1:30 Whole Foods/TJs</div> <div>2:00 Ping Pong</div>	<div>7</div> <div>9:00 Quilting</div> <div>9:00 Mindful Movement</div> <div>9:15 ZUMBA</div> <div>9:30 Ask the Lawyer</div> <div>10:00 Adv Mind Mvmt</div> <div>10:15 Chair Movement</div> <div>12:45 Bone Builders</div> <div>1:00 Open Art Studio</div> <div>2:00 Ping Pong</div>	<div>8</div> <div>9:30 Bone Builders</div> <div>11:00 Gentle Yoga</div> <div>12:00 Holi Lunch</div> <div>12:30 Cribbage</div> <div>1:30 Knitting Group</div> <div>6:00 Food Pantry</div> <div> </div> <div>*Day Trip Emmet Cahill*</div>	<div>9</div> <div>9:15 ZUMBA</div> <div>10:00 Upbeats Band</div> <div>10:15 Chair Movement</div> <div>11:00 Ask the Detective</div> <div>12:30 Hand and Foot</div> <div>12:45 Bone Builders</div> <div>1:00 Whole Foods/TJs</div> <div>2:00 Bridge</div> <div>4:00 Grief Support</div>	<div>10</div> <div>8:00 Billiards</div> <div>9:00 Food Pantry</div> <div>9:00 Music Makers</div> <div>9:30 Ping Pong</div> <div>12:00 Lunch & Learn</div>
<div>13</div> <div>8:00 Men’s Breakfast</div> <div>8:00 Billiards</div> <div>9:30 Bone Builders</div> <div>9:30 Hearing Screening</div> <div>10:00 Sewing</div> <div>11:00 Ask the Realtor</div> <div>12:30 SHINE</div> <div>1:00 BINGO</div> <div>1:00 Tai Chi</div> <div>1:30 Whole Foods/TJs</div> <div>2:00 Ping Pong</div>	<div>14</div> <div>9:00 Quilting</div> <div>9:00 Mindful Movement</div> <div>9:00 Blood Pressure</div> <div>9:15 ZUMBA</div> <div>10:00 Adv Mind Mvmt</div> <div>10:15 Chair Movement</div> <div>11:00 Vet to Vet</div> <div>12:45 Bone Builders</div> <div>1:00 Open Art Studio</div> <div>2:00 Ping Pong</div> <div>3:30 IT Class</div> <div>4:30 Health Series</div>	<div>15</div> <div>9:00 Women’s Bkfst</div> <div>9:30 Bone Builders</div> <div>11:00 Gentle Yoga</div> <div>12:30 Cribbage</div> <div>1:30 Knitting Group</div> <div>6:00 Food Pantry</div>	<div>16</div> <div>9:15 ZUMBA</div> <div>10:00 Upbeats Band</div> <div>10:15 Chair Movement</div> <div>12:30 Hand and Foot</div> <div>12:45 Bone Builders</div> <div>1:00 Whole Foods/TJs</div> <div>1:30 State Sen Hrs</div> <div>2:00 Bridge</div> <div>4:30 Movie Night</div>	<div>17</div> <div>8:00 Billiards</div> <div>9:00 Food Pantry</div> <div>9:00 Music Makers</div> <div>9:30 Ping Pong</div> <div>12:00 Boiled Dinner</div>
<div>20</div> <div>8:00 Billiards</div> <div>9:30 Bone Builders</div> <div>10:00 Sewing</div> <div>1:00 BINGO</div> <div>1:00 Tai Chi</div> <div>1:30 Whole Foods/TJs</div> <div>2:00 Ping Pong</div>	<div>21</div> <div>9:00 Quilting</div> <div>9:00 Mindful Movement</div> <div>9:15 ZUMBA</div> <div>10:00 Adv Mind Mvmt</div> <div>10:15 Chair Movement</div> <div>12:45 Bone Builders</div> <div>1:00 Open Art Studio</div> <div>2:00 Ping Pong</div> <div>2:00 Book Club</div>	<div>22</div> <div>9:30 Bone Builders</div> <div>11:00 Gentle Yoga</div> <div>12:00 Birthday Lunch</div> <div>12:30 Cribbage</div> <div>1:30 Knitting Group</div> <div>6:00 Food Pantry</div>	<div>23</div> <div>9:15 ZUMBA</div> <div>10:00 Upbeats Band</div> <div>10:15 Chair Movement</div> <div>12:30 Hand and Foot</div> <div>12:45 Bone Builders</div> <div>1:00 Whole Foods/TJs</div> <div>2:00 Bridge</div> <div>4:00 Grief Support</div> <div>4:30 Planning for Med</div>	<div>24</div> <div>8:00 Billiards</div> <div>9:00 Food Pantry</div> <div>9:00 Music Makers</div> <div>9:30 Ping Pong</div> <div>12:00 BINGO Lunch</div> <div>1:00 BINGO</div>
<div>27</div> <div>8:00 Billiards</div> <div>9:30 Bone Builders</div> <div>10:00 Sewing</div> <div>1:00 BINGO</div> <div>1:00 Tai Chi</div> <div>1:30 Whole Foods/TJs</div> <div>2:00 Ping Pong</div>	<div>28</div> <div>9:00 Quilting</div> <div>9:00 Mindful Movement</div> <div>9:15 ZUMBA</div> <div>10:00 Adv Mind Mvmt</div> <div>10:15 Chair Movement</div> <div>12:45 Bone Builders</div> <div>1:00 Open Art Studio</div> <div>2:00 Ping Pong</div> <div>3:30 IT Class</div> <div>6:00 Dementia Caregiver</div>	<div>29</div> <div>9:30 Bone Builders</div> <div>11:00 Gentle Yoga</div> <div>11:30 Restaurant Rev</div> <div>12:30 Cribbage</div> <div>1:30 Knitting Group</div> <div>6:00 Food Pantry</div>	<div>30</div> <div>9:15 ZUMBA</div> <div>10:00 Upbeats Band</div> <div>10:15 Chair Movement</div> <div>12:30 Hand and Foot</div> <div>12:45 Bone Builders</div> <div>1:00 Whole Foods/TJs</div> <div>2:00 Bridge</div>	<div>31</div> <div>8:00 Billiards</div> <div>9:00 Food Pantry</div> <div>9:00 Music Makers</div> <div>9:30 Ping Pong</div>

Fitness Center, Library, Billiards Room, Computer Room, Trudy’s Boutique open daily from 9—3
Fitness Center also open Tuesdays and Thursdays until 7:30PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00 Billiards 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	4 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	5 9:30 Bone Builders 11:00 Gentle Yoga 12:00 Elegant Chef 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	6 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge 4:30 Game Night	7 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
10 8:00 Men's Breakfast 8:00 Billiards 9:30 Bone Builders 9:30 Hearing Screening 10:00 Sewing 11:00 Ask the Realtor 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	11 9:00 Quilting 9:00 Mindful Movement 9:00 Blood Pressure 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 11:00 Vet to Vet 12:45 Bone Builders 1:00 Open Art Studio 1:30 Whole Foods/TJs 2:00 Ping Pong 3:30 IT Class 4:30 Health Series	12 9:30 Bone Builders 11:00 Gentle Yoga 12:00 Birthday Lunch 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	13 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 11:00 Ask the Detective 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Grief Support	14 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 1:00 Volunteer Appreciation Luncheon
17 Center Closed Patriot's Day 	18 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 2:00 Book Club	19 9:00 Women's Bkfst 9:30 Bone Builders 11:00 Gentle Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	20 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 1:30 State Sen Hrs 2:00 Bridge 4:30 Movie Night	21 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
24 8:00 Billiards 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	25 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 5:00 Dinner w/Donna 6:00 Dementia Caregiver	26 9:30 Bone Builders 11:00 Gentle Yoga 11:30 Restaurant Rev 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	27 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Grief Support	28 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:30 Meet Music Makers
APRIL 2023				

Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3
Fitness Center Open Tuesdays and Thursdays until 7:30PM

Friends Corner

Think spring!

The Friends of the Cameron are meeting and planning for our upcoming March membership drive, and spring events. Be sure to check your March mail for our membership flyer. We appreciate the generosity of the Westford community and Friends membership in helping fund our ongoing programs.

With funds raised from our many activities we will continue to provide qualified seniors with emergency financial assistance for food, housing, utilities, medical services, transportation, sponsoring social activities and organizing fundraising events, managing the Cameron thrift shop, Trudy's Boutique, and covering costs of fitness and exercise classes, so Westford seniors can attend.

Stay tuned for upcoming spring events. The next Friends meeting will take place on February 16, at 10:00 am in the Computer room.

Pat Reppucci, President, Friends of the Cameron
<https://westfordmafriendsofcameron.com/>
Friends' website <https://westfordmafriendsofcameron.com/>



Would you like to help out at the Cameron? Come join our group of dedicated volunteers! Call Katie at 978-399-2330 for more information



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Games

MONDAY BINGO

Mondays at 1pm

Join us at the Cameron for BINGO Fun!



FRIDAY BINGO

Friday BINGO games start at 1pm. We will host BINGO on March 3 and 24, and April 7 and 21

BINGO supplies can be purchased—Colored Dobber- \$1.00 and \$3.00 BINGO sheet which includes 3 BINGO boards

BINGO FRIDAY LUNCHES

If you're interested in having lunch before Friday BINGO, register for any or all of the following lunches prepared by BINGO chef Mike Dyer. Lunch is served beginning at 12:00

Friday March 3 at 12pm Hot Dogs & Hamburgers
Friday March 24 at 12pm Sausage and Peppers Stir Fry
Friday April 7 at 12pm Hot Dogs & Hamburgers
Friday April 21 at 12pm Turkey and Roast Beef Sandwiches with Fries

Pre-BINGO lunch is \$3. You must RSVP for lunch by calling 978.692.5523. For any questions about BINGO call your program coordinator, Katie Russell at 978.399.2330.
Special thanks to the Friends of the Cameron for their financial sponsorship of this event

CARDS AT THE CAMERON

Please register at the front desk for selected game(s) . If there is a cancellation, we will notify you by phone.

CRIBBAGE— Wednesdays at 12:30pm
HAND AND FOOT (Canasta) - Thursdays at 12:30pm
BRIDGE - Thursdays at 2pm



HOLIDAY DOOR DECORATING CONTEST AT SENIOR HOUSING

In the hope of spreading holiday joy, Suzan Sullivan and Jen Beale toured senior housing and awarded prizes to residents for their creative holiday door decorations. Winners included: Joyce Benoit, Rosemarie Amaru, Paul Gendron, Sandra Koester, Kay Mack, Evelyn Desharnais, Jean Piantedosi, Bill Sacco, Luella and Edith Shaw. Thanks to all those who participated and to our judges.



Check out our well-stocked library!

How to Get Your Cameron News

- If you are age 70 or older the Cameron monthly newsletter will automatically be mailed to you free of charge. If you would like to know more, please contact Martha at 978.399.2324
- If you prefer receiving a newsletter via email, please us at 978-692-5523
- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at facebook.com/CameronSeniorCenter/

COUNCIL ON AGING STAFF

Jennifer Claro, Director of Council on Aging
Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Jen Beale, Elder Outreach
Claire France, Records Supervisor
Robert Rafferty, Transportation Dispatch
Christopher Mitchell, Maintenance Supervisor
Al Jones, Maintenance
Edna MacNeil, Front Desk
Katherine Russell, Senior Assistant
Margaret Siegel, Registrar
Karen Heitkamp, Night Supervisor
Bob Benoit, Van Driver
Paul Davis, Van Driver
Steve Ducharme, Van Driver
Bob France, Van Driver
Ed Jarvis, Van Driver
John Lasna, Van Driver
Lisa Nee, Van Driver
Bob Powers, Van Driver
Pam Rovendro, Van Driver

COUNCIL ON AGING BOARD MEMBERS

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Nancy Cook, Chair
Robert Tierney, Vice Chair
Kathryn Wilson, Clerk
Sandra Collins
Patricia Holmes
Terry Stader
Barbara Upperman

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Pat Reppucci, President
Donna Owens, Vice President
Kevin McGuire, Treasurer
Frances Kosenko, Asst. Treasurer
Katharine Karr, Secretary
Gail Austin
Dennis Smith
Lynne Stader
Barbara Tonucci
William Vullo

BOARD MEETINGS

COA Board-Mar 15 and Apr 19 at 4pm
Friends Board—Mar 16 and Apr 20 at 10am

OUR MISSION: The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.
20 Pleasant St., Westford, MA 978.692.5523
www.westfordma.gov/coa
<https://www.facebook.com/CameronSeniorCenter/>

Income Tax Help

Our COA must require that you complete Form 13614C before meeting with Hal Schreiber to have your tax returns prepared. If you are dropping off your tax returns for Hal to prepare, you must complete Form 1446 and 13614-C. These forms are mandatory to ensure that our tax preparation service is in compliance with IRS regulations. Finally, prior to meeting with Tax Return Preparer or dropping off your taxes, our COA staff will need to see your identification, even if you are known to us. We must see you driver's license, other government issued ID card, or your passport, for the taxpayer and spouse. We must also see Social Security cards for taxpayer and spouse. We must document our compliance with this IRS requirement. If we do not comply, we are in danger of losing our ability to provide this service. Thank you for your understanding.

Hal Schreiber, our volunteer tax expert, will be back this year to complete 2022 federal and state income tax returns. This is a free service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978.692.5523 to add your name, address, and telephone number to the list for having your tax return prepared. Hal has all the federal and state tax forms that are needed to be filled out – do not bring any blank forms or instructions with you.

Information Needed for Preparing Your Tax Return:
Your 2021 federal and state tax return if it was not prepared at the Westford Senior Center.
Form MA 1099-HC and IRS Form 1095-B. The health insurance information from these forms must be entered on your Massachusetts tax return.
Form 1095-A(you receive this form if you received the advanced health insurance premium tax credit). Your return will be rejected and the IRS will demand the entire credit be returned if the information from this form is not entered on your federal tax return.
W-2s, SSA-1099s, 1099s(DIV, INT, B, G, MISC, etc), Schedule K-1s, 1098s, etc
The amount and date of any federal and state estimated tax payments you made for 2022.

If you pay rent for your main residence, bring the total amount you paid in calendar year 2022(some or all is deductible on your Massachusetts tax return).
For real property not located in Westford – total the property tax bills that you paid in calendar year 2022(do not include any late payment fees, demand notice fees, or interest charges).
If your main residence is not located in Westford and if you or your spouse is age 65 or older – total the water/sewer bills that you paid in calendar year 2022(do not include any fees or interest due to late payment).
Car, boat, personal property excise tax bills – total the bills that you paid in calendar year 2022(do not include any fees or interest due to late payment).
If you sold any stock or bonds - the date you bought the stock or bond and the amount you paid for them(that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).
If you have any mutual funds - any information provided by the mutual fund concerning how much of the dividends are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares - the date and what you paid for the shares (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).
Medical and Dental expenses – total your co-pays and deductibles for all your drugs(prescription and over-the counter), doctor, dentist, hospital visits, etc. Include hearing aides, eyeglasses, etc. Add up the car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, and Medicare premiums separately since they need to be reported separately (do not add them together).
Charitable contributions. - total your cash/check/credit card contributions (do not include any political or election campaign contributions). For property contributions – in general terms (clothing, household goods, furniture, etc), what was contributed; the date of the contribution; estimated fair market value of the property; and the name and address of the charity receiving the property. If you donated a car, it is very important that you bring the paperwork/form you received from the charity.



Helping you through your next home transition, every step of the way.

Carrie Hines M 978.505.1678 carrie.hines@compass.com	Jennifer Lane M 978.835.9381 jen.lane@compass.com	Jenn Gavin Russo M 508.574.5046 jenn.gavin@compass.com
Nancy Allam M 978.505.8865 nancy.allam@compass.com	Wendy Crandall M 617.359.5969 wendy.crandall@compass.com	

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circlehealth WESTFORD

To learn more, visit www.circle-health.org/westford

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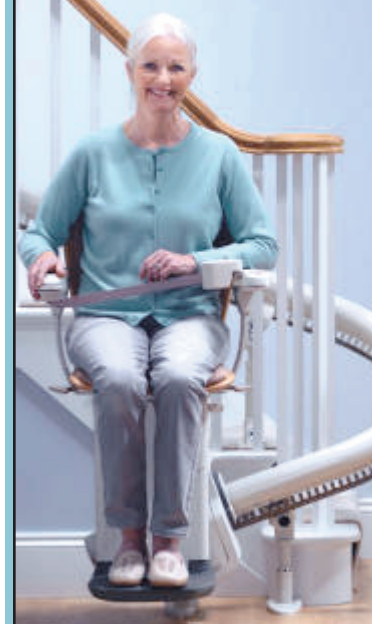
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Answer to Sudoku

9	4	1	8	5	6	2	3	7
5	3	6	9	2	7	8	4	1
2	7	8	3	4	1	9	5	6
7	6	2	4	9	5	1	8	3
8	9	3	6	1	2	4	7	5
4	1	5	7	8	3	6	9	2
1	8	7	2	3	4	5	6	9
3	5	9	1	6	8	7	2	4
6	2	4	5	7	9	3	1	8

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	6	5	1	8				4
		4				5		
	8	9	2					1
3			8				6	
			6		2			
		2		3	5			
					6			5
					9	3		
9			2					

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DIFFICULTY: ★★☆☆☆

CROSSWORD PUZZLE

ACROSS

- 1 Bath (Fr.)
5 Explode
8 Of the kind of (suf.)
12 She (Fr.)
13 Jap. apricot
14 Para-aminobenzoic acid
15 Differ
17 Arabian chieftain
18 Greek letter
19 Tree
21 Asbestos (abbr.)
22 Burmese knife
23 Incessantly
25 It. marble
29 Tilled land
32 Common man
33 Siesta
35 Adjective-forming (suf.)
36 Agave fiber
38 Daw
40 Soft mineral
42 Guido's note (2)

DOWN

- 1 "Venerable" monk
2 Settled
3 "Casablanca" characters
4 Nat'l Endowment for the Arts (abbr.)
5 Steal
6 Buddhist sacred mountain
7 Pique
8 Amazon tributary
9 N.A. tree
10 Wading bird
11 Carbon (pref.)
16 Objective
20 Stowe character
22 Old Sp. gold coin
24 Heath evergreen
25 Consumer price index (abbr.)
26 They (Fr.)
27 Peccadillo (2 words)
28 Horse
30 Arabic letter
31 Cheer
34 Bishop
37 Sprite
39 Away from the wind
41 Slayer of Caesar
43 Ecuador (abbr.)
44 Hindu queen
46 Hit on the head
47 Frankenstein's assistant
48 Olive genus
49 Eagle's nest
51 Daughter of Zeus
53 Amer. Ballet Theatre (abbr.)

ANSWER TO PREVIOUS PUZZLE

M	I	M	A	B	B	E	S	C	O	W
O	B	I	H	A	A	B	I	A	N	A
S	A	L	U	N	R	U	F	F	L	E
S	N	E	D	C	O	R	O	T		
	S	E	P			R	E	B	E	C
B	E	T	E	L	N	U	T		R	E
R	I	O		O	P	T	I	C	G	I
A	N	N	A		S	E	L	E	N	I
T	E	E	S	T		L	P	N		
		T	O	B	I	T		G	N	A
N	I	N	E	M	U	S	E	S	I	C
O	D	E	R		A	H	A	B	N	I
G	A	O	N		L	I	K	E	G	S

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"R BURQB XSU TQH JKOU D NDYB
D QXDHC EDMB D GDI QDKIJKY."

— XJQQ NUYBNC

PREVIOUS SOLUTION: "The oldest, shortest words — 'yes' and 'no' — are those which require the most thought." — Pythagoras

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E010

1	2	3	4	5	6	7	8	9	10	11
12				13						
15				16				17		
18				19			20		21	
			22			23		24		
25	26	27			28		29		30	31
32				33		34		35		
36				37		38		39		
			40			41		42		
43	44			45		46			47	48
50				51		52			53	
54						55			56	
57						58			59	

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A10